

REAL FOOD, REAL LEARNING, REAL SUPPORT =real results!

Part nutritional education, part sugar detox, part support group – an empowering combination!

The RESTART® Program is a simple, powerful way to give your body a vacation from sugar and processed foods.

With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy and cut sugar and carb cravings.

Discover how good you can feel!

YOU'LL LEARN:

Week 1: How to prepare for your REAL FOOD sugar detox Week 2: Your digestive check-in Week 3: What sugar really does in your body Week 4: The truth about FATS Week 5: How to move forward and celebrate your success!

Benefits That Participants Have Experienced:

Increased Energy

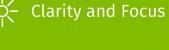




More Restful Sleep



Clothes Fit Better



System

Decreased Anxiety

Boosted Immune

spaces limited to 10 participants **SIGN UP NOW!**

Date:	Begins Thursday, January 11, 2018
Time:	6:30 PM - 8:00 PM
Cost:	\$150
Location:	Centerville, Utah



TO REGISTER, CONTACT:

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